

## JULY IS UV SAFETY MONTH

### PROTECT YOUR SKIN IN 5 WAYS



Have access to **SHADE** at any time of the day.



Wear a **HAT** to offer protection from the sun.



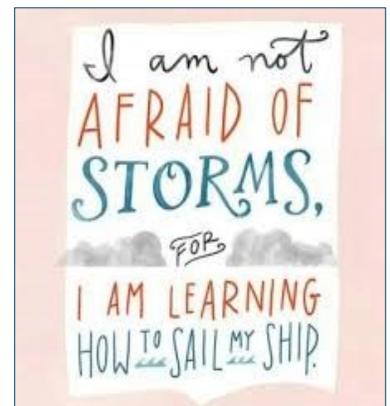
Wear **SUNGLASSES** to protect your eyes from sun damage.



**COVER UP** by wearing loose-fitting shirts to provide the best protection from the sun.



Use **SUNSCREEN** to protect your skin from the harmful UV rays.



#### In This Issue:

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#### WHAT YOU DON'T KNOW **CAN** HURT YOU:

- **49%** of U.S. adults don't know that UV exposure increases the likelihood of cataract formation
- **43%** don't know that UV exposure can cause cancer of the eye or eyelid
- **36%** don't know that eyes can be sunburned

Source: The Vision Council, 2014 Sun Protection Survey



ENJOY  
THE SUN IN  
A HEALTHY  
WAY!





# national *August* IMMUNIZATION awareness month

## Importance of vaccines

The diseases vaccines prevent can be dangerous, or even deadly. When germs, such as bacteria or viruses, invade the body, they attack and multiply. This invasion is called an infection, and the infection is what causes illness. The immune system then has to fight the infection. Once it fights off the infection, the body has a supply of cells that help recognize and fight that disease in the future. These supplies of cells are called antibodies.

## How it works

Vaccines help develop immunity by imitating an infection, but this “imitation” infection does not cause illness. Instead it causes the immune system to develop the same response as it does to a real infection so the body can recognize and fight the vaccine-preventable disease in the future. Sometimes, after getting a vaccine, the imitation infection can cause minor symptoms, such as fever. Such minor symptoms are normal and should be expected as the body builds immunity.

## Making The Vaccine Decision for your Children

Vaccines reduce your child’s risk of infection by working with their body’s natural defenses to help them safely develop immunity to disease. As children get older, they require additional doses of some vaccines for best protection. Older kids also need protection against additional diseases they may encounter. Learn more about what vaccines your child may need at vaccines for your pre-teens and teens (<https://www.cdc.gov/vaccines/parents/protecting-children/index.html>)

The information contained in this newsletter should not be construed as medical advice. Please see your health care provider.

## VACCINES FOR DOH-EMPLOYEES

Many people think vaccines are for children or those traveling abroad. The fact is that all adults need to get vaccinated in order to protect not just their health against serious diseases, but their loved ones as well. Vaccine preventable diseases haven’t gone away as evidence by the recent outbreaks of measles. As we get older, the vaccines that we received as children wear off and we become more susceptible to these diseases. Healthcare workers and public health workers can be at risk for exposure to serious, and sometimes deadly, diseases. If you work directly with patients or handle material that could spread infection, you should get appropriate vaccines to reduce the chance that you will get or spread vaccine-preventable diseases. Protect yourself, your patients, and your family members. Make sure you are up-to-date with recommended vaccines. For more information on how to receive immunizations provided by DOH you can contact Joan Walker, Immunization Nurse, at extension 8027 or email: [Joan.Walker@flhealth.gov](mailto:Joan.Walker@flhealth.gov)

## Dirty Dining: Kitchen Edition

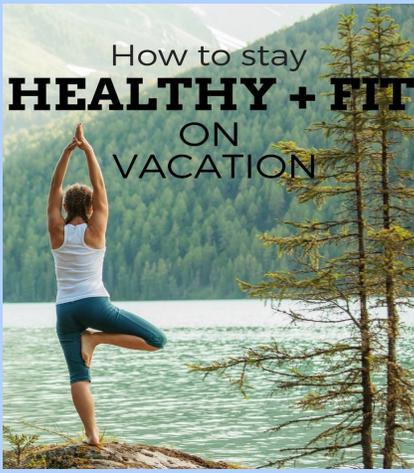
**Did you know?** Kitchen sinks are dirtier than most bathrooms. There are typically more than 500,000 bacteria per square inch in the drain.

**Reduce the risk by:** Cleaning your kitchen counters and sink with an antibacterial product after preparing or rinsing food, especially raw fruits and vegetables, which carry lots of potential pathogens like salmonella, campylobacter, and E. coli; Sanitize sponges by running them through the dishwashers drying cycle; Clean the sink twice a week with a solution of one tablespoon of chlorine bleach and one quart of water. Scrub the basin, then pour the solution down the drain.

Excerpt from the [www.Health.com](http://www.Health.com)



## How to stay **HEALTHY + FIT** ON VACATION



A vacation can do wonders when it comes to reducing your stress levels, but it also can derail a healthy fitness regimen. Even some of the most die-hard exercisers find it difficult to stick with a workout program when away from home. Sure, many have good intentions. They may even pack their workout attire. But unfortunately in some cases, their gear doesn't make it out of the suitcase until they're back home. Here are some tips to stay healthy and fit while on vacation:

- **Be Realistic:** You probably won't be able to fit in your normal weekly workouts and this is ok. Aim for completing at least half of your regular regimen.
- **Plan Ahead:** Before leaving town, find out what type of workout facilities are nearby such as a nearby park, track (weather permitting). Also if you're staying at a hotel, find out what workout area they provide. Also some local fitness centers may offer day passes for a minimal fee.
- **Pack a Resistance Band:** A band takes up little space yet can provide you with an entire upper and lower body workout routine.
- **Don't Deprive Yourself:** Plan to enjoy some special meals without going overboard. Do not be afraid to ask waitstaff of their healthy menu options.
- **Be Creative:** Take your vacation or travel stay as an opportunity to find unique, fun ways to exercise instead of doing the same old routine. Try biking, hiking, taking a pedal boat excursion, water skiing or playing beach volleyball. Effective workouts aren't limited to the standard fares of fitness machines, weights, treadmills, etc.
- **Prepare Snacks:** If your journey includes a lot of time in the car or on a plane, be sure to pack some healthy snacks so you aren't forced to eat at all the fast-food and convenience shops along the way.
- **Pool Benefits:** If lounging poolside is part of your vacation plans, then hop in the pool every 20 minutes for five to 10 minutes of pool walking. (Try it in waist-deep or higher water for a challenging workout.)
- **Be Comfortable:** Don't forget to pack comfortable workout attire that fits your destination's climate.



Source: Washington Post and VeryWellFit

## Reading is Healthy



reflect, absorb, imagine and process sharpens intelligence by challenging the entire neural circuit from reading. When you read, you are able to tune out the world and tune into the words in front of you. Your mind, or brain, is actively engaging in something that requires your full attention. It's that distraction – having your mind concentrate on reading – that eases the tensions in your muscles and heart/circulatory system. Challenging the brain to learn new things through reading can help your informational processing stay in better shape.

If you're one of countless people who don't make a habit of reading regularly, you might be missing out.

Source: Business Insider and Health Sciences Academy

The more you read, the healthier you can become. When we read, not only are we improving memory and empathy, but research has shown that it makes us feel better and more positive too. Science has shown that reading has some amazing health benefits, including helping with depression, cutting stress, and reducing the chances of developing Alzheimer's later in life. Reading gives muscle to your memory and although the brain isn't actually a muscle, it can still benefit from a good workout. Reading essentially forces us to concentrate and imagine where otherwise we are just absorbing the information in pictures or sounds coming at us. Having that ability to pause, re-



"One benefit of summer was that each day we had more light to read by."  
—Agassiz Walls, *The Glass Castle*

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# HEALTHY SUMMER EATS



## American Macaroni Salad

To keep picnic salads light and healthy, don't leave the mayo out, just use less of it. Loading up your salad with plenty of fresh vegetables gives it extra crunch and ups the nutrients, too.

### Ingredients

- 2 cups dry elbow macaroni, cooked, rinsed, and drained
- 1/3 cup diced celery
- 1/4 cup minced red onion, soaked in cold water for 5 minutes, drained
- 1 tablespoon minced flat-leaf parsley
- 1/2 cup diced vine-ripened tomato (optional)
- 1/2 cup prepared mayonnaise
- 3/4 teaspoon dry mustard
- 1 1/2 teaspoons sugar
- 1 1/2 tablespoons cider vinegar
- 3 tablespoons sour cream
- 1/2 teaspoon kosher salt, plus more to taste
- Freshly ground black pepper



**Preparation:** 20 minutes

**Cook:** 10 minutes

**Servings:** 6

In a large bowl combine the macaroni, celery, onion, parsley and tomato, if using. In a small bowl, whisk together the mayonnaise, mustard, sugar, cider vinegar, sour cream and salt. Pour the dressing over the salad and stir to combine. Season with salt and pepper to taste. Serve. Store covered in the refrigerator, for up to 3 days.

Source: Food Network

## Grilled Shrimp with Mango, Lime and Radish Salsa



**Preparation:** 15 minutes

**Cook:** 40 minutes

**Servings:** 6

### Ingredients

- 12 large shrimp
- 1/4 cup extra-virgin olive oil
- 1 lemon, juiced
- Kosher salt and freshly ground black pepper
- Salsa:
  - 2 limes
  - 2 mangoes, diced
  - 4 to 5 red radishes, diced
  - 1 red onion, diced
  - 1 tablespoon chili powder
  - 1/2 bunch fresh cilantro leaves, chopped
  - 1/4 cup extra-virgin olive oil
  - Kosher salt and freshly ground black pepper

### How to Make

- In a large bowl, toss the prawns with the olive oil, lemon juice, salt, and pepper. Let marinate for about a half hour while you heat up the grill. Grill prawns on each side until they turn pink, about 5 minutes depending on size.
- Remove the peel and pith from the limes and cut between the membranes to remove the segments. Put them into a bowl and squeeze over the juice from the membranes. Add the remaining ingredients and mix; season with salt and pepper. Place warm grilled prawns on a platter and top with salsa.

Source: Food Network



## It's July/August; what's in season Florida?

Avocado, Guava, Mango, Mushroom,



Passion fruit, Watermelon, Peanuts, and Lychee



# Start smart: Get Your Kids Ready for School



It's almost time to hit the books. The last weeks of summer are already upon us, and the new school year is right around the corner. After a summer filled with fun and sun, it can be stressful for kids to switch gears and get ready for the school year. Whether you can't wait till your kids are back in school or dread the more regimented days ahead, there's one thing you can count on: Back to School is always a big transition.

## Conduct dry runs.

The first ride on the school bus is just as important as the first day at school itself. When you pause to think about it, the school bus ride will be the first and last part of your child's school day. As a parent, you can plan ahead to make this a comfortable new experience. Drive the bus route to school. During the car ride, encourage children to practice the school bus safety rules (speak softly, keep hands & feet to yourself).



## Prepare brain-boosting foods.

Eggs are a great protein source, but did you know that egg yolks are also packed with choline, which helps memory development? Oatmeal is packed with protein and fiber, which help keep heart and brain arteries clear. Kale is a super food, packed with antioxidants that help new brain cells grow and can be blended into smoothies for snack time. Apples and plums contain quercetin, an antioxidant that may fight decline in mental skills.



## Wake up your child's brain.

You aren't the teacher, and you don't need to start school before the school year starts by pulling out the flashcards or assigning math problems. On the other hand, research shows that kids forget a lot during the summer. If your child has been reading through the summer months, congratulations! If not, this is the time to start. Visit the library and let them pick some books they'll enjoy. Introduce the idea that for the rest of the summer everyone in the family (you can include yourself if you like, or you can read to them) will read for at least 1/2 an hour every day. And if your child has assignments to complete, don't wait for them to remember the day before school starts that they were supposed to write a book report. Finish summer work at least a week before school starts, so they can relax for the rest of vacation.



## Get yourself to bed early before school starts.

Before school starts, you can gradually adjust your child's sleep and wake times. This will help set their biological clocks for the new schedule. Preschoolers need eleven to twelve hours of sleep a night, school-age children need at least ten hours, while teens need nine to ten hours. Get yourself to bed early the night before school so you can get up early enough to deal calmly with any last minute crises. Be sure kids, including teens, lay out clothes the night before, that lunches are made, and that everyone gets enough sleep and a healthy breakfast. Plan to arrive at school early so you have time for meaningful goodbyes. And don't forget that "first day of school" photo before you leave home.



# BEAT THE HEAT



Whether you're running, playing a pickup game of basketball or going for a power walk, take care when the temperature rises. If you exercise outdoors in hot weather, use precautions to prevent heat-related illnesses. Exercising in hot weather puts extra stress on your body. If you don't take care when exercising in the heat, you risk serious illness such as heat cramps, heat syncope (temporary loss of consciousness caused by a fall in blood pressure), exercise-associated collapse, heat exhaustion, and heat stroke.

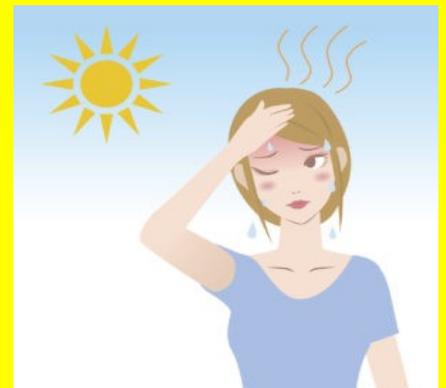
If the humidity also is high, your body faces added stress because sweat doesn't readily evaporate from your skin. That pushes your body temperature even higher. Together these form a heat index. If the heat index is greater than 90°F, outdoor exercise should be stopped. If the heat index is between 82° and 90°F, outdoor exercise should be postponed, delayed, rescheduled or moved into an air-conditioned space.

When you exercise in hot weather, keep these precautions in mind:

- Watch the temperature. Pay attention to weather forecasts and heat alerts. Know what the temperature is expected to be for the duration of your planned outdoor activity.
- Know your fitness level. If you're unfit or new to exercise, be extra cautious when working out in the heat. Your body may have a lower tolerance to the heat. Reduce your exercise intensity and take frequent breaks.
- Drink plenty of fluids. Dehydration is a key factor in heat illness. Help your body sweat and cool down by staying well-hydrated with water. Don't wait until you're thirsty to drink fluids.
- If you plan to exercise intensely, consider a sports drink instead of water. Sports drinks can replace the sodium, chloride and potassium you lose through sweating. Avoid alcoholic drinks because they can actually promote fluid loss.
- Dress appropriately. Lightweight, loose-fitting clothing helps sweat evaporate and keeps you cooler. Avoid dark colors, which can absorb heat. If possible, wear a light-colored, wide-brimmed hat.
- Avoid midday sun. Exercise in the morning or evening, when it's likely to be cooler outdoors. If possible, exercise in shady areas, or do a water workout in a pool.
- Wear sunscreen. A sunburn decreases your body's ability to cool itself and increases the risk of skin cancer.
- Have a backup plan. If you're concerned about the heat or humidity, stay indoors. Work out at the gym, walk laps inside the mall or climb stairs inside an air-conditioned building.
- Understand your medical risks. Certain medical conditions or medications can increase your risk of a heat-related illness. If you plan to exercise in the heat, talk to your doctor about precautions.

Heat-related illnesses are largely preventable. By taking some basic precautions, your exercise routine doesn't have to be sidelined when the heat is on.

Source: WebMD and Mayo Clinic



**Please consult your healthcare provider before starting on any diet or exercise program.**



**HEALTH IS NOT  
ABOUT THE  
WEIGHT YOU  
LOSE. IT'S  
ABOUT THE  
LIFE YOU GAIN.**

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